

Lightness & Freedom in Daily Life
An Introduction to the Alexander Technique
In-Studio Workshop: Saturday, May 9th 1-4 PM
Workshop Presenter: Joni Clare



What if the tension you feel isn't just "getting older," but a habit you can change? How would it feel to move through your day with half the effort you're using now?

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom" -Viktor Frankl

This quote emphasizes that humans can pause, exercise self-awareness, and choose intentional actions over knee-jerk reactions, fostering personal growth and freedom...

The Alexander Technique teaches individuals to identify and release unconscious physical and mental habits that cause tension, poor posture, and inefficient movement. It cultivates self-awareness, allowing for conscious choices that reduce stress and improve ease, leading to greater mental clarity, confidence, and physical poise.

What are some benefits of the Alexander Technique?

- Pain Relief & Prevention
- Improved Posture & Balance
- Enhanced Performance & Coordination
- Reduced Stress & Fatigue
- Increased Body Awareness

What you will need? Please wear comfortable clothing, bring a water bottle and your own exercise/yoga mat if desired. There are limited yoga mats to utilize at the studio.

Who should attend? An Alexander Technique workshop is designed for anyone seeking to improve their posture, reduce tension, relieve pain, or enhance their performance by re-educating how they move and think. It is a practical, educational method suitable for all ages and abilities, not just those with injuries.

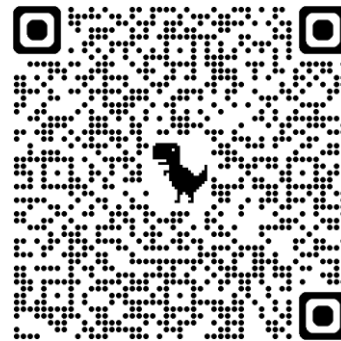


Joni Clare,
AmSat Certified Alexander Technique Teacher
Music Educator & Performing Musician

More Details & Register Here:

www.5koshasyoga.com/events

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You'll be directed to the registration links!



FEE: \$60 with Discount Code: ALEX10 expires Tuesday, May 5th. \$70 after May 5th. **Frontline Worker Scholarships available to cover your attendance at this event!**

Do you know someone who may benefit from this workshop? Invite your favorite person to kindly pre-register in advance together.

What to bring? Wear comfortable clothes & bring your yoga mat, pillows, blankets & water bottle. The studio has yoga mats, bolsters & blankets if needed.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com